

DECEMBER-JANUARY 2015

Your next appointment:



> *Beating Christmas Stress*



> *Correct Contraception For You*



> *Childhood Vaccinations Help*



> *Eyes on Conjunctivitis*

TAKE ME
HOME!

Enjoy this free newsletter

Please remember that decisions about medical care should be made in consultation with your health care provider so discuss with your doctor before acting on any of the information.

www.healthnews.net.au

● PRACTICE DOCTORS

Dr Peter Drake

Dr Michael Stagg

Dr Vincent Griffith

Dr Lidia Grossman

Dr Elizabeth Orbach

Dr Maryallan Girolami

Dr Emily McMullin

Dr Catherine Stackpole

● PSYCHOLOGIST

Mr John Boyle

● PRACTICE STAFF

Practice Manager: Jill Franklin

Practice Nurses: Kay, Holly, Gail & Vivian

Reception Staff: Colleen, Leeanda, Fiona, Sue, Sushila, Jarret & Anthea

If you have any feedback – positive or negative that you would like to bring to our attention, please approach either your Doctor or Practice Manager.

If you prefer to make your concerns known outside the surgery, you can call the Office of the Health Services Commissioner on 8601 5200.

● SURGERY HOURS

Monday to Thursday 8.30am – 7pm

Friday..... 8.30am – 6pm

Saturday 9am – 12noon

● EMERGENCY

Phone ambulance service – **000**.

Monash Medical Centre

246 Clayton Rd, Clayton

9594 6666

● AFTERHOURS

For non-emergency after hours home visits, please ring the normal surgery number (**9563 9411**) and you will be put through to the JFMP Locum Service.

Health brochures on various topics are available on request.

● APPOINTMENTS

Our doctors see patients by appointment. You can make an appointment with your doctor by telephoning the surgery or at our front reception desk.

At the time of making your appointment, please advise the reception staff if you feel you may require an extended appointment (eg. Pap smears, medical report, to discuss multiple issues, surgical procedures etc).

Appointments are normally made at 15 minute intervals, this is the time you can normally expect to spend with your doctor. This may change if there has been an emergency or if the surgery is very busy.

In rare circumstances delays may be encountered leading to prolonged waiting times. Our reception staff will advise you if this is the case. We apologise for the inconvenience this may cause.

Unfortunately, your doctor may be delayed by emergencies, arrangement of urgent admissions to hospital and essential longer consultations which are often unpredictable.

We are aware that your time is valuable and always endeavour to minimise waiting times.

Online Appointments. Book your next appointment online.

Just go to our website "www.jasperfamilymedical.com.au" click the BOOK NOW tab and follow the prompts OR download the FREE "App" for your smartphone or tablet to make it even easier to book online.

● SPECIAL PRACTICE INFORMATION

Announcing: We would like to welcome Dr Catherine Stackpole who will be joining our practice February, 2015.

Repeat prescriptions. If you find it necessary to request a prescription prior to consulting your doctor, a minimum of 48 hours is needed. To avoid any errors, we also require a written request with your name, address, name and dose of medication clearly indicated.

Telephoning your doctor. Although most problems are best dealt with in consultation, a doctor will always be available during normal surgery hours for emergency advice.

Home Visits. Requests for house calls are best made before 10am. Please remember however that house visits should only be requested if the patient is too unwell to attend the surgery for consultation.

Visits can also be arranged for patients in Residential Aged Care Facilities.

Fees. We have displayed at Reception a list of current Private billing fees.

Patient Test Results. If your doctor orders any tests for you, please remember that it is your responsibility to follow-up these results, particularly when practice staff or your doctor requests you to do so. Please ask reception staff about the best way for you to do this.

▷ **Please see the Rear Cover for more practice information.**



Correct Contraception For You

There are numerous contraceptive options ranging from condoms to sterilisation. The oral contraceptive pill (OCP) is the most widely used. It usually contains oestrogen and progesterone and works by suppressing ovulation (release of the egg) and making the lining of the uterus 'unready' for pregnancy.

The mini pill has progesterone only. It affects the lining of the uterus but not ovulation. Each pill needs to be taken daily at the same time.

There is a failure rate but it is low (about 1 in 6000 cycles). Progesterone only contraception can be injected into the muscle (three monthly), implanted under the skin (lasting up to three years) or be part of an intra-uterine device. Some medications (e.g. antibiotics) can interfere with the pill, so ask your doctor.

All forms of hormonal contraception have pluses and minuses so discuss with your doctor which is right for you.

Condoms are reliable if used properly and are much less likely to burst than 30 years ago. They are best used with a water-based lubricant. The

Billings (rhythm) method relies on a woman detecting changes in mucous sensation and/or body temperature at the time of ovulation and then avoiding intercourse at that time. Withdrawal method is not reliable and is not recommended.

All the above are 'temporary' measures, which work for as long as they are used. Permanent contraception is surgery (vasectomy in males and tubal ligation in women) and should not be considered unless the person is certain that no more pregnancies are wanted. Whilst potentially reversible it is not a certainty and can require more major surgery than the original operation.

You can test your knowledge of contraception (see website, right).



www.abc.net.au/health/quizzes/tools/quizzes/2011/08/11/3290776.htm

Febrile Convulsions in Children



Around 3% of children aged between six months and six years may have a convulsion (seizure or fit) when they have a high temperature (fever). It is thought to be caused by nerve cells in the brain sending 'crossed-wire' signals to each other. It is not the same as, nor leads to, epilepsy. Fortunately, febrile convulsions are not harmful and do not cause brain damage though they are distressing for parents to watch.

Typical symptoms are the child becoming floppy or stiff, becoming unaware of their surroundings, and having twitching or jerky movements. It generally lasts a few seconds to a few minutes at most and stops without any specific treatment.

Stay calm and with your child. Roll the child onto their side and remove any sharp objects. Place something soft under the child's head. Call an ambulance if the seizure lasts for five minutes or your child does not wake up when it stops. However, it is normal for the child to be sleepy afterwards.

Whilst no specific treatment is needed for the convulsion, have your child checked by your doctor. If the underlying cause is a virus, then treat the fever with



paracetamol or ibuprofen, and cooling tepid baths. If there is an underlying bacterial infection, an antibiotic may be needed.

Most children will only have one febrile convulsion but 30% may have another within 12 months. Prevention is not absolute but the key is managing the fever.



www.sch.edu.au/health/factsheets/joint/?febrilej.htm

Childhood Vaccinations Help

In the past 50 years, we have seen the near elimination of many childhood diseases such as polio, measles and whooping cough. Routine vaccinations for vaccine-preventable infections have contributed hugely to this. But as awareness of the conditions wane, some complacency has crept in and immunisation rates are not as high as they could be.



Vaccines are rarely 100% protective but they will lessen your child's chance of severe natural infection or complications. As well, immunising contributes to 'herd' immunity in the community. This means non-immune individuals (such as babies too young to be immunised) are protected because there are fewer potential sources of infection in the community. And the rates of spread are severely curtailed.

Research shows the herd effect applies to many infections including measles, mumps, rubella, polio, whooping cough and meningococcus.

The percentage of the population that needs to be vaccinated for the herd effect differs with different infections. For Haemophilus B (which causes ear infections) an effect is seen as low as 50%. For rubella it is around 85% and for measles and whooping cough it is over 90%.

Some parents have genuine concerns about side effects. There is a lot of misinformation on the web and this can be confusing, so it is important to discuss this issue with your doctor. Other parents simply forget to complete their child's immunisation schedule. This can be rectified with catch-up injections.

Family Tax benefit A is tied to having your child fully immunised. Check your child's immunisation book and if it is not up to date, book in with your doctor.



www.immunise.health.gov.au and search "understanding"



Beating Christmas Stress

Christmas is a time of joy for many but can be stressful for some and a time of sadness for others, especially those who have lost loved ones. We also worry about gaining weight. Here are some simple tips to help beat the Christmas blues.

- You do not have to go to every function – it is OK to say no.
- Drink a glass or two of water before leaving home and maybe have a healthy snack of fruit. That way you will be less hungry and nibble less finger food.
- Pay for presents with cash not by credit card so you don't get nasty surprises in January.
- Christmas lunch does not have to be perfect. If the family is coming, get everyone to contribute.
- Manage stress – regular exercise, enough sleep and three slow, deep breaths at least three times a day.

Thought Provokers...

- What's important about 'herd immunity'?
- Which hormonal contraceptives contain progestogens?
- What can you do if a child has a febrile convulsion?
- Describe one thing you can do to beat stress over Christmas.



www.mydr.com.au/eye-health/conjunctivitis

Eyes on Conjunctivitis

This common inflammation of the eyes – in particular the conjunctivae – has a number of causes but most often it is either infection or allergy. Infective conjunctivitis is more common in children and allergy more so in adults.

Infective conjunctivitis can be due to a virus or bacteria. It can be hard to pick between the two – both cause redness and discharge. The eyes may be sore (but not always). Vision is not usually affected, though sometimes there is light sensitivity.

Symptoms start within 1-3 days of contracting the infection. In children it is almost always transmitted person to person and, whilst not serious, it is contagious, so washing hands is very important.

Diagnosis is by symptoms and examination. There is rarely need for tests. Treatment for suspected bacterial infection is antibiotic drops or ointment. Bathing the

eyes with distilled water or saline helps clean the eyes. Children must stay away from school or day-care until the infection settles, which is usually in a few days.

Allergic conjunctivitis causes redness and usually itching. There is no discharge and it is not contagious. It is more common in spring. House dust and grasses in season (hay fever) are the common triggers. Treatment is also bathing and eye drops, but this time antihistamine or steroid drops are used. Antihistamine tablets may also be recommended.

If you are worried about eye symptoms, always see your doctor.



Over 65 and Exercise

We tend to think of exercise as running, swimming or other cardiovascular fitness pursuits. However, both fitness and strength-building exercise is important as you age. Resistance (or weights) exercise maintains bone strength and muscle mass, which reduces the risk of osteoporosis (brittle bones) and sarcopaenia (loss of muscles).

You are never too old to start! Researchers using resistance training for people with average age of 89 years have found new muscle could develop at the age of 102!

Start with lighter weights and increase slowly. You can exercise using the body's own weight, such as push-ups, rather than purchase weights. A physiotherapist or trainer can guide you. Do not try to be a hero!

Falls are an increasing concern as we get older. Exercise improves balance and coordination – things like Pilates, yoga and Tai Chi can reduce the chances of falls. Again, start at a low level and increase slowly, and make sure you get good instruction.

The key to exercise is consistency, doing exercise you enjoy and, of course, not getting injured. People who exercise regularly enjoy better mental health and tend to be more resilient. Regular exercise reduces the risks of heart disease, stroke and bowel cancer.

It's time to get started.

Laughter the Best Medicine



■ Pregnant women and their male partners attended the class.

The instructor said, "Ladies, throughout pregnancy exercise is good for you. Walking is especially beneficial. It strengthens the pelvic muscles and will make delivery that much easier. Just pace yourself, make plenty of stops and try to stay on a soft surface like grass or a path."

"Gentlemen, remember – go with her

because that shared experience will be good for both of you."

The room was still while the men absorbed this information, before one slowly raised his hand to ask a question.

"Yes?" said the Instructor.

"I was just wondering if it would be all right, if she carries a golf bag while she walks?" he said

Merry Christmas!



BARBECUED PRAWN WITH GINGER & MANGO MAYONNAISE

INGREDIENTS

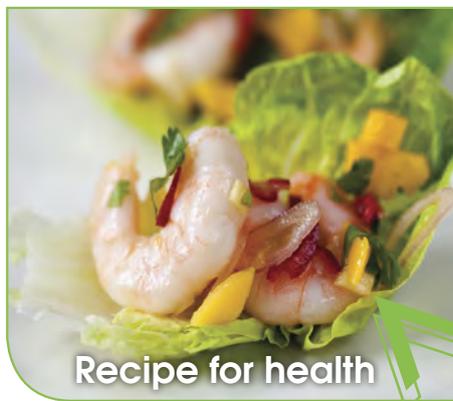
- 3kg green tiger prawns, tail intact
- 1 stalk lemongrass, white part only
- 3 kaffir lime leaves, shredded
- 2 tblspn peanut oil

MAYONNAISE

- 1 mango, peeled and stoned
- 1 tblspn finely grated fresh ginger
- 1 tblspn lime juice
- 2 egg yolks
- 1 tspn mustard powder, or horseradish cream
- 250ml light olive oil

METHOD

- 1 Marinate the prawns with the lemongrass, lime leaves and peanut oil in the fridge for at least 1.5 hours
- 2 For the mayonnaise, place mango flesh, ginger, lime juice and mustard powder in a food processor and process until smooth. With motor running, add oil in a thin, steady stream



Recipe for health

until mixture is thick and pale. You may not need all the oil. Taste and season with salt and pepper.

- 3 Preheat barbecue to high. Add prawns and cook until prawns curl and change colour.
- 4 Transfer prawns to a serving plate with mayonnaise and garnish with baby cos lettuce leaves that can be used as wraps.

Jasper Family Medical Practice

● ALLIED HEALTH ON CENTRE

Website address:
www.alliedhealthoncentre.com.au

- Physiotherapy
- Podiatry
- Psychology
- Massage Therapy
- Exercise Physiology
- Dietetics
- Traditional Chinese Medicine/ Acupuncture. NOW available at 443 Centre Road, Bentleigh. Phone: 9557 1700 for appointments.

- Cabrini Pathology available at 443 Centre Road, Bentleigh

● OTHER SERVICES OFFERED

- Travel Immunisations (including Yellow Fever)
- Minor Surgery
- Immunisations
- Child Health
- Women's Health
- Men's Health
- Accidents & urgent conditions

● BULK BILLING AVAILABLE FOR:

- CURRENT HCC holders
- Pensioners
- DVA card holders
- Commonwealth Seniors Health Card holders
- Children Under 16

● SPECIAL PRACTICE INFORMATION

Medical Records. Your medical record is a confidential document. It is the policy of this practice to maintain security of personal health information at all times and to ensure that this information is only available to authorised members of staff.

Reminder Systems. Our practice participates in national/state reminder systems/registers, in conjunction with internal reminder systems.

